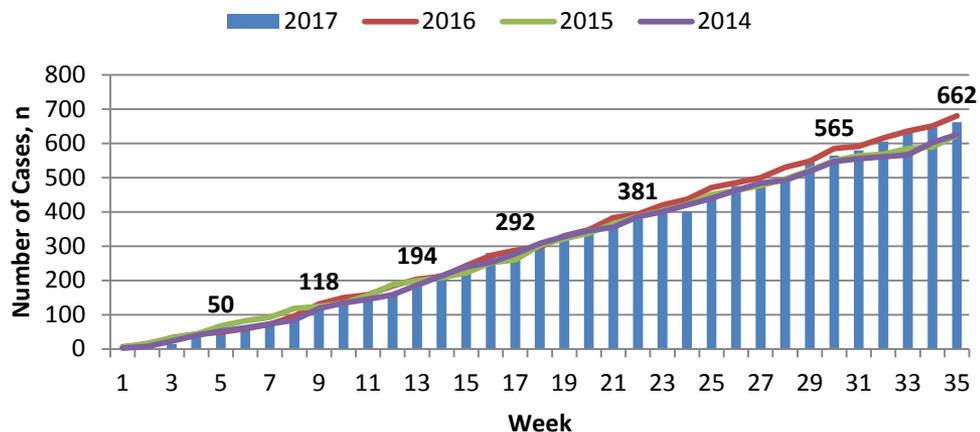


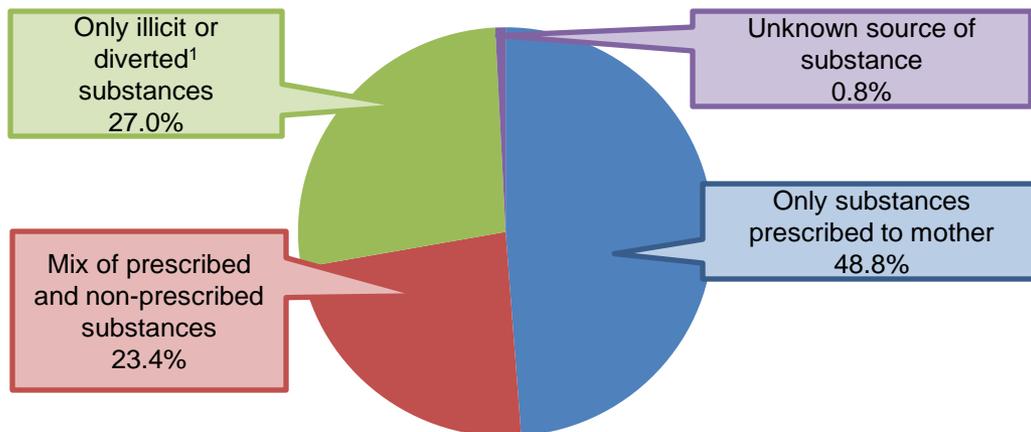
Neonatal Abstinence Syndrome Surveillance

August Update (Data through 09/02/2017)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **662 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2017
- In the majority of NAS cases (**72.2%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2017 have occurred in the Northeast and East Health Regions, and Sullivan County.

NAS Prevention Highlight – October is Neonatal Abstinence Awareness Month. You can participate through the “**Pearls & Bowties**” social media awareness campaign by wearing pearls or a bowtie on the first Friday of October (6th) and posting a picture on social media. Participants are encouraged to post “I’m wearing my pearls/bowtie in support of NAS Awareness Month” using the hashtag [#NASMonthTN](https://twitter.com/NASMonthTN).

The Metro Drug Coalition of Knoxville, the Prevention Alliance of Tennessee and other local county anti-drug coalitions will participate. Anyone interested in learning how their organization can participate in the campaign should contact Deborah Crouse, Media Relations and Project Director with Metro Drug Coalition at dcrouse@metro.drug.org

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	449	67.8
Legal prescription of an opioid pain reliever	38	5.7
Legal prescription of a non-opioid	53	8.0
Prescription opioid obtained without a prescription	194	29.3
Non-opioid prescription substance obtained without a prescription	96	14.5
Heroin	37	5.6
Other non-prescription substance	152	23.0
No known exposure	2	0.3
Other	17	2.6

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	47	7.1
East	139	26.5
Hamilton	18	6.3
Jackson/Madison	8	9.8
Knox	68	19.3
Mid-Cumberland	58	5.5
North East	103	46.6
Shelby	18	2.1
South Central	44	14.3
South East	26	11.1
Sullivan	56	56.8
Upper Cumberland	59	24.0
West	18	4.7
Total	662	12.5

NAS Prevention Opportunities

Women of Childbearing Age

- Taking opioids early in pregnancy can cause birth defects and serious problems for infants and mothers.
- Women taking opioids may not know they are pregnant and may unknowingly expose their unborn child.
- Discuss risks and benefits of any medications you are taking with your healthcare provider before you become pregnant.

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment in your practice setting. Learn about [SBIRT-Tennessee](#) or contact [Sarah Cooper](#), Director of Prevention Services, Division of Substance Abuse Services, TDMHSAS for more information.

Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Ask your physician about [Naloxone](#) to reduce overdose death risks for those addicted to opioids.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

Notes

1. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
2. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

More information on Neonatal Abstinence Syndrome in Tennessee can be found here: <http://tn.gov/health/topic/nas>

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov